



Dear Parent:

It is Idaho Peach Month and your student has been learning about Idaho Peaches in school.

Idaho peaches are not only sweet and juicy but they are also a great part of a healthy diet. A large peach is fat free and contains only 61 calories. Peaches are a valuable source of many vitamins and minerals such as Vitamin A, Phosphorus and Potassium. They have no sodium or cholesterol and an unpeeled peach is a great source of fiber!

Buying Tips:

Choose a peach with a creamy, golden color. The amount of pink or red on the skin will depend on the variety and is not a good indicator of ripeness. Avoid peaches that are hard and instead choose those that yield to pressure along the seam.

Storing Tips:

Peaches that need to be ripened can be placed in a paper bag with an apple and let set on the counter for a few days. Once ripened, peaches should be stored in the refrigerator.

Where to Find Idaho Peaches:

Fresh Idaho peaches are at their peak during late August and September. Peaches are grown commercially in Gem, Canyon and Washington Counties but often can be found at Farmers Markets and local fruit stands across the state. Idaho peaches can also be found in traditional grocery stores - just look for the Idaho Preferred® label.

Adding Peaches to your Diet:

Peaches are from the Yellow/Orange fruit category. Yellow/Orange fruit can help maintain a healthy heart, a healthy immune system, maintain vision, and help lower the risk of some cancers. Below are some simple ways to add peaches to your family's diet:

Grilled Dessert: Slice a peach in half, remove the pit, and fill the beach with blueberries. Sprinkle each half with brown sugar and lemon juice, wrap in aluminum foil, and place on a grill for 15 minutes, turning once.

Peach Bites: Slice a peach into bite size pieces. Stick a toothpick into each peace and freeze. Dip the frozen peach bites into strawberry yogurt.

Pack a fresh Idaho peach when you are on the go for a sweet and delicious take-anywhere snack.

